
















CELEBRATING

Women's History Month / National Nutrition Month

MARCH 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Delilah L. Beasley (1867-1934) 	2 Delilah L. Beasley was a Historian and Newspaper Columnist. http://www.nwhp.org/2015-national-womens-history-month-honorees/	3 Judy Yung is best known for her groundbreaking work in documenting the immigration history of Angel Island Detention Center (1910-1940) for Chinese Americans. http://www.nwhp.org/2015-national-womens-history-month-honorees/	4 Judy Yung (1946-Present) 	5 The National Nutrition Month 2015 theme is "Bite into a Healthy Lifestyle." http://embroidme.com/articles/march-2015-is-the-right-time-to-support-national-nutrition-month	6 	7 In 1824 the first public high school for girls opened in Worcester, Massachusetts. http://www.factmonster.com/ipka/A0907019.html
8 Daylight Savings	9 Through the centuries, many courageous women have stepped forward to fight inequality and to champion causes for the benefit of society. https://www.daysoftheyear.com/days/womens-history-month/	10 	11 Louise Arner Boyd was the first arctic explorer to lead a series of scientific explorations on the east coast of Greenland. In 1955, Boyd was the first woman to successfully fly over the North Pole. http://www.factmonster.com/encyclopedia/people/boyd-louise-rner.html	12 Louise Arner Boyd (1887-1972) 	13 "Each time a girl opens a book and finds a womanless history, she learns she is worth less." Myra Pollack Sadker http://www.nwhp.org/about-our-history/-2/why-	14 Myra Pollack Sadker (1943-1995) 
15 	16 In the United States, National Women's History Month began in 1981. President Reagan proclaimed the week beginning March 7, 1982, as "Women's History Week." http://www.nwhm.org/blog/its-womens-history-month/	17 Saint Patrick's Day	18 	19 	20 First Day of Spring	21 
22 Michelle Obama—"The First Lady of Healthy Eating" is an amazing role model to kids and adults alike. Her toned biceps and Let's Move, the childhood-obesity fighting program she started, is how she's captured our hearts. http://greatist.com/health/most-influential-health-fitness-people	23 Michelle Obama (1964—Present) 	24 "Nutrition Month focuses on helping people to make correct food choices as well as developing good eating and exercising habits." https://www.daysoftheyear.com/days/nutrition-month/	25 	26 National School Breakfast Week is March 2-6, 2015. "It highlights how eating a nutritious breakfast helps students achieve success in the classroom and beyond." http://schoolnutrition.org/nsbw/	27  	28 Start using the Nutrition Facts Label today and you'll be in the know about the foods you are choosing. http://www.fda.gov/Food/NewsEvents/ConstituentUpdates/ucm294737.htm
29 Visit http://www.eatright.org "Tip of The Day" for additional nutrition and physical activity tips this National Nutrition Month http://ranolph.ces.ncsu.edu/2010/03/ten-nutrition-facts-for-national-nutrition-month/	30 Short term effects of unhealthy eating include nutritional deficiencies, stress and lack of energy. http://www.ask.com/health/happens-don-t-eat-healthy-f0cddcf452932b	31 Lack of access, or limited access, to health services greatly impacts an individuals health status. When people do not have health insurance, they are less likely to participate in preventive care. https://www.healthypeople.gov/2020/about/foundation-health-measures/Determinants-of-Health				



The Department of Corrections Recognizes Women's History Month / National Nutrition Month

Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with **International Women's Day** on March 8, and during October in Canada, corresponding with the celebration of **Persons Day** on October 18. http://en.wikipedia.org/wiki/Women's_History_Month

National Nutrition Month is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. <http://www.nationalnutritionmonth.org/nnm/>